



NOVEMBER 2020

THE CENTER POST

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**THURSDAYS IN NOVEMBER,
NOON – 1 PM
(NO MEET UP NOV 26)**

OUTDOOR MEET UPS

Come to the Park Pavilion at Boher Park and let's get together. Bring your lunch and a drink and we can chat and eat together, socially distanced of course! You must wear your mask at all times, unless you are eating. Space is limited! Sign up online or call the BGC to make your reservation.

Nov. 5 & 19 – Bingo!
(bring your own marker)

Nov. 12 – Jokes (bring a few jokes to share)

Nov. 26 – Happy Thanksgiving! No meet up.

Dress for the weather and we look forward to seeing you!

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TUESDAYS & FRIDAYS AT 1 PM

SOCIAL SYMPOSIUM & BGC SOCIAL HOUR

Join the BGC staff for lively discussions and games every Tuesday and Friday at 1 PM.

These virtual programs give you a chance to connect with others, laugh, and enjoy twice a week.

The links are e-mailed out every week, or you can call in and participate on your phone.



MONDAY - FRIDAY, SEP 28 – OCT 23

VIRTUAL EXERCISE CLASSES

Take one class or take them all!

Register online and you will receive a Zoom link that lets you participate in a month's worth of classes for one price.

Members { \$25 } Non-members { \$35 }

Time	Monday	Tuesday	Wednesday	Thurs- day	Friday
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch &	Fit 4 All	Stretch &	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	Weight Training

VIRTUAL PROGRAMS

Did you know that you can call in from your telephone to participate in our Virtual Groups? Besides the Social Symposium and the BGC Social Hour, we also offer Coping with Change, Brain Games, Fostering Relationships, Improving Communication, and Dealing with Stress and Anxiety During the Pandemic. Call the BGC at 301.258.6380 to get the telephone passwords to participate.



WEDNESDAY, OCT 28, 11 AM – NOON

DIET & HYDRATION

Presented by Adventist HealthCare. If you have elevated blood pressure, exercise can help you avoid developing hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels. This session will focus on adaptable exercises you can do regardless of your physical ability and environment.

Topics will include:

- Exercising at Home
- Strengthening
- Balance
- Cardio
- No equipment workout
- Building Muscles

The link will be e-mailed in the weekly e-newsletter.

WEDNESDAY, NOV 4, 11AM – NOON

DIABETES TOOLBOX

Presented by Adventist HealthCare. The link will be e-mailed in the weekly e-newsletter.

Make sure to check www.gaithersburgmd.gov often to stay up to date on the latest offerings.

If you have not been receiving the weekly Benjamin Gaither Center e-mails, sign up under E-Newsletters on the website.

If you need any help signing up for programs, as always reach out to us at the **BGC – 301.258.6380** or **BenjaminGaitherCenter@gaithersburgmd.gov**.

We check messages and e-mails daily.